

Abstract of the Disclosure

A method and apparatus generate resonant sequences having pulses optimally spaced and configured to realize uniform contractions in a musculature. Namely, each subsequent pulse maintains tension within sarcomeres of the musculature as the resonant sequence propagates inwardly to progressively stimulate the entirety of the musculature. Variation in the width, spacing, polarity and/or amplitude of the pulses comprising the resonant sequence further overcomes accommodation and nutritional depletion while minimizing discomfort.

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